

"Since working with Justin I have noticed both profound and subtle changes in my body. Justin is gentle, thorough and graceful in his approach. As he is working, he effortlessly walks you through the body so that you become a partner in moving toward opening and healing. As a dedicated yoga student and teacher, I really appreciate this, I now feel more empowered to understand and listen to my body's cues so that I can support the healing process through my practice and my daily life.

The subtle changes show up throughout my days, I notice I can breath with less effort, more deeply. I used to experience some burning pain along my cervical spine, which has completely gone away. The most recent session I had with Justin he encouraged me to walk with my head more upright and use my eyes to look around, this small suggestion has contributed to me feeling more confident as I move through the world.

The profound change has shown up more gradually. I have experienced low back and pelvis pain for around three years now. Working with Justin through the 10 Series released some muscle groups that were over working. We worked on a felt sense of length in my muscles instead of just contraction and there has been a significant reduction in pain. I anticipate more freedom of movement and pain as I move forward with this learned awareness.

From my experience the most sustainable shifts in my life have been working with people who offer you the tools to understand your own path to healing. Justin has been this person for me and I wholeheartedly recommend him to anyone who is looking for opening, more breath and ease or a more profound shift in body and spirit."

Lisa Rundall
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